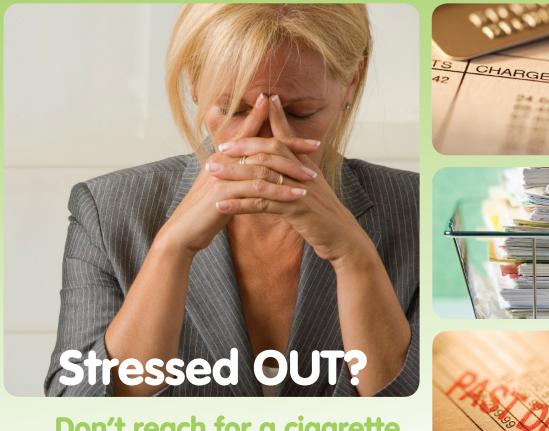
Quit For Life® Program



Don't reach for a cigarette. Pick up the phone instead!

In today's world, there are stresses everywhere: work deadlines, family pressures, bills. It all adds up.

While many people use tobacco to deal with stress, it's unhealthy and can lead to serious problems-- like high blood pressure--that actually may worsen your stress level.

The Quit For Life® Program gives you strategies to deal with your stress in a healthy way. Our Quit Coaches will work with you to develop a personal quit plan tailored to your specific needs.

Don't let life's challenges get the best of you.

Call 1.866.QUIT.4.LIFE or visit www.quitnow.net